



Series: Thriving in Grace

Passage: Galatians 5:16-25, Romans 7:16-25

Title: Experiencing the Spirit Led Life Part 2

Speaker: Pastor David Menard 5/11/2025

Discussion Starter – An ancient proverb says, “the journey of 1,000 miles begins with the first step”. Is there something you can point to in your life that has come about after an extended series of consistent choices and small decisions? How does this present a strategy for you to effect positive changes in your life?

Read Galatians 5:16-18

1. What does Paul mean by the key terms in this passage: Spirit, flesh, and walk?
2. Do you consider yourself as a body possessing and enjoying the benefits of a Spirit, or a Spirit expressing itself in and through a body? What is the difference in hierarchy that follow from these different views? How does Jesus differentiate them? (Matthew 16:26)
3. How does the flesh influence us? How is it different from the influence of the Spirit?
4. How do we practically walk in the Spirit (18)? What does Paul say about the lust of the flesh and it's power as we walk in the Spirit?

Read Romans 7:16-25

5. Is Paul speaking as a believer in this passage, or is he describing his experience before receiving Christ?
 - a. In what ways does Paul's experience in verse 19 mirror your experience?
 - b. Can you agree with Paul's delight in verse 22? How does this view empower you for the war in verse 23?
6. How does James describe this struggle, (James 3:2)? How does he describe the victory of the “perfect man”?

Read Galatians 5:24-26

7. How does Paul say we are to deal with the flesh?
 - c. Describe how you “crucify the flesh” in practical terms daily? Do you have suggestions for practices that help you?
8. How does Paul say we interact with the Spirit?
 - d. Describe how you “walk in the Spirit” in practical terms daily? Do you have suggestions for practices that help you?
9. What are the 3 verbs in verse 26 that are provided as a warning against a drifting from walking in the Spirit? What is the significance of Paul placing this warning at the close of his discussion of this topic?